



DENTAL BUDDY

www.dentalbuddy.org

DENTAL HEALTH EDUCATION RESOURCE

Eight downloadable units for educating oral health
Includes presentations, lesson plans and activities
for Early Years, Key Stage 1 and Key Stage 2. All FREE



FREE units available to download :

- Early Years Foundation - Unit 1 (Brush our teeth)*
- Early Years Foundation - Unit 2 (Visit the dentist)*
- Key Stage One – Unit 1 (Looking after teeth)*
- Key Stage One – Unit 2 (Bodies grow and change)*
- Key Stage One – Unit 3 (Importance of diet)*
- Key Stage Two – Unit 1 (Looking after teeth)*
- Key Stage Two – Unit 2 (Teeth functions)*
- Key Stage Two – Unit 3 (Tooth decay)*

Learning Intention

To know how to look after teeth.

National Curriculum links

Pupils should be taught SC2 1a about the care of teeth.

Vocabulary

Teeth Gums Decay Plaque Calcium Bacteria Enamel Fluoride

Equipment

Downloadable slides Photocopiable sheet

Lesson Content

An introduction to Buddy who is here to help children learn about dental health.

Discussion around what are teeth for.

Discussion around why it is important to look after our teeth.

Buddy tells us the facts around looking after our teeth.

Discussion around which food and drinks are high in sugar.

Activity: Create a dental health information leaflet.

Teaching Guide

Introduce 'Buddy'. Explain that he is here to help us learn about how to look after our teeth. Why is it so important that we look after our teeth? Through discussions, ensure the main teaching points are covered:

- We only get one set of teeth.
- If we don't look after them, teeth can become decayed and need filling.
- Sometimes teeth have to be removed.
- Gums need to be looked after too. Gum disease can result in losing teeth.

Teacher reminder: Dental decay happens when the enamel and dentine of a tooth become softened by acid attach after you have eaten or drunk anything containing sugars. Over time, the acid makes a cavity (hole) in the tooth. 'Dental Decay' is the same as tooth decay and is also known as 'dental caries'.

Remind the children that brushing their teeth last thing at night and at least one other time during the day can help prevent tooth decay.

Explain to children that Buddy wears a belt with lots of tools to help look after teeth. Ask children what tools they would expect to find in Buddy's belt. Share ideas. Work through the slides showing the tools on his belt and explain that they are there to help Buddy look after teeth. Do the children know what any of them are?

Talk through the different tools and discuss with the children how they could be useful in looking after our teeth:

- Toothbrush – Buddy needs his toothbrush to make sure he can brush his teeth twice a day.
 - Timer – This is handy for making sure Buddy always spends two minutes brushing his teeth every time.
 - Torch – Buddy uses his torch to take a look inside and see what's inside the mouth.
 - Tablet – Buddy uses his tablet computer to find out more facts about dental health.
-
- Discuss why teeth are important to us. Reveal reasons on the slide.
 - Discuss why we need to look after our teeth. Reveal reasons on the slide.
 - Buddy will now explain the facts around looking after our teeth.
 - Discuss why we need to be careful about what we eat. Explain that being careful about what we eat – and avoiding sugar can help protect our teeth and gums from tooth decay.
 - Discuss how it is the frequency of consuming sugar and not the amount of sugar that causes decay. We need to be careful how often we eat sugar and try not to snack on sugary foods and drinks.

Activity

Using photocopiable sheet, children make an informational leaflet that could go in a dentists' waiting room.

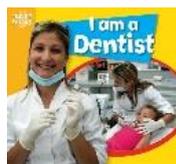
or

Working in small groups, children produce a short information programme that could be played in dentists' waiting rooms. Record and watch together.

Teaching Resources

The Oral Health Foundation has a comprehensive range of teaching resources to support teachers deliver further dental health education messages. These include leaflets, posters, wall charts, story books, models, educational games and demonstration puppets. To browse our complete range of resources please visit www.educatingsmiles.org

Specifically to deliver the lesson outlined above the following resources are particularly relevant:



I am a Dentist
book



Sugar Kit



Sugar, Foods
and drinks poster



My teeth
leaflet



Looking
After Me :
Teeth

About Dental Buddy and the Oral Health Foundation

The Oral Health Foundation is an independent charity that is dedicated to improving the oral health of the public by providing free and impartial dental advice and by running educational campaigns. The Foundation has created the Dental Buddy programme to help teachers deliver dental health education at EYFS, KS1 and KS2. The programme features eight complete lessons across the three age ranges to provide teachers with interactive teaching materials that link to National Curriculum requirements.

Find out more about the Oral Health Foundation at www.dentalhealth.org

Oral Health Foundation, Smile House, 2 East Union Street, Rugby, CV22 6AJ
Tel: 01788 546365 | Fax: 01788 541982 | Email: info@dentalhealth.org



Buddy Worksheets

Please print/photocopy and cut out these worksheets for your students

Buddy Worksheet

Buddy needs to tell other people about how to brush their teeth, but he can't be everywhere.

You need to make an information leaflet to tell other people how to look after their teeth.

Your leaflet needs to be:

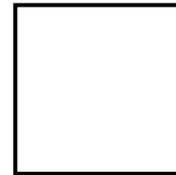
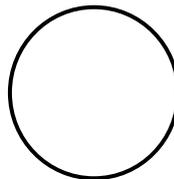
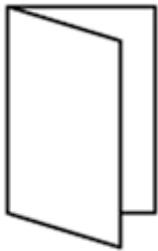
Eyecatching

Interesting

Factual

Some ideas:

Shape Size Colour



Buddy Worksheet

Buddy needs to tell other people about how to brush their teeth, but he can't be everywhere.

You need to make an information leaflet to tell other people how to look after their teeth.

Your leaflet needs to be:

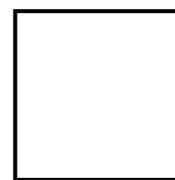
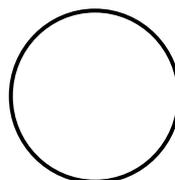
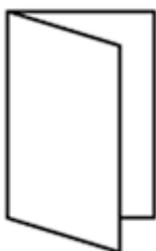
Eyecatching

Interesting

Factual

Some ideas:

Shape Size Colour



'Dental Buddy' education materials evaluation

Name	
School	
Year group / Key stage	
Approximate date lessons were delivered	
How do you rate the overall quality of the Dental Buddy materials? Please rate with a scoring 1 – 5 (1 = Excellent, 5 = Poor)	1 2 3 4 5
If possible please provide reasons for your rating	
How do you rate	
The character and design?	1 2 3 4 5
The presentation materials	1 2 3 4 5
The ease of use	1 2 3 4 5
The content of the lesson activity	1 2 3 4 5
Can you suggest ways we might improve the education resource in future?	
How do you feel about the level of content provided?	Too short / brief Just right Too long
Was there any information missing? If yes – please outline what do you think could be included?	
What do you think is the most useful aspect of the resource?	
Which sources of information would you refer to if you needed help with ideas and content for lessons? (eg internet sites, professional sites, BBC, TES)	
Would you recommend Dental Buddy as an education resource to other teachers?	
Any other comments:	

Thank you very much for taking the time to review the Dental Buddy Education resource from the Oral Health Foundation. We really value your feedback so we can continue to improve the support we can give to teachers.

Please return your comments to: Amanda Oakey, Director of Educational Resources, Oral Health Foundation, Smile House, 2 East Union Street, Rugby, Warwickshire, CV22 6AJ (amanda@dentalhealth.org / 01788 539788)